

Basic Report 11266, Mushrooms, brown, italian, or crimini, raw [a](#)

Report Date: September 21, 2015 16:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.85 Value Per 85 g	1 cup whole 87g	1 cup sliced 72g	1 piece whole 20g
Proximates					
Water	g	78.30	80.14	66.33	18.42
Energy	kcal	19	19	16	4
Protein	g	2.12	2.18	1.80	0.50
Total lipid (fat)	g	0.08	0.09	0.07	0.02
Carbohydrate, by difference	g	3.66	3.74	3.10	0.86
Fiber, total dietary	g	0.5	0.5	0.4	0.1
Sugars, total	g	1.46	1.50	1.24	0.34
Minerals					
Calcium, Ca	mg	15	16	13	4
Iron, Fe	mg	0.34	0.35	0.29	0.08
Magnesium, Mg	mg	8	8	6	2
Phosphorus, P	mg	102	104	86	24
Potassium, K	mg	381	390	323	90
Sodium, Na	mg	5	5	4	1
Zinc, Zn	mg	0.94	0.96	0.79	0.22
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.081	0.083	0.068	0.019
Riboflavin	mg	0.416	0.426	0.353	0.098
Niacin	mg	3.230	3.306	2.736	0.760
Vitamin B-6	mg	0.094	0.096	0.079	0.022
Folate, DFE b	µg	21	22	18	5
Vitamin B-12	µg	0.08	0.09	0.07	0.02
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00

Nutrient	Unit	.85 Value Per85 g	1 cup whole 87g	1 cup sliced 72g	1 piece whole 20g
Vitamin D (D2 + D3)	µg	0.1	0.1	0.1	0.0
Vitamin D	IU	3	3	2	1
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.012	0.012	0.010	0.003
Fatty acids, total monounsaturated	g	0.002	0.002	0.001	0.000
Fatty acids, total polyunsaturated	g	0.036	0.037	0.030	0.008
Cholesterol	mg	0	0	0	0

Footnotes
^a Ergosterol = 62 mg/100 g.
^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically
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